

Variable	Mean	Standard deviation	Minimum	Maximum
Age	35.2	12.5	18	65
Gender	Male: 65.2%			
Female: 34.8%				
Marital status	Married: 72.1%			
Single: 27.9%				
Education	High school: 45.3%			
College: 32.1%				
Postgraduate: 22.6%				
Income	\$15,000-\$25,000: 38.5%			
\$25,000-\$35,000: 28.7%				
\$35,000-\$45,000: 21.4%				
\$45,000-\$55,000: 11.3%				
\$55,000-\$65,000: 1.0%				
Health status	Good: 68.9%			
Fair: 21.5%				
Poor: 9.6%				
Smoking status	Smoker: 32.4%			
Non-smoker: 67.6%				
Alcohol consumption	Regular: 15.7%			
Occasional: 35.2%				
Never: 49.1%				
Exercise frequency	Weekly: 42.3%			
Monthly: 28.9%				
Never: 28.8%				
Stress level	High: 55.6%			
Medium: 30.1%				
Low: 14.3%				
Sleep quality	Good: 60.4%			
Fair: 25.8%				
Poor: 13.8%				
Dietary habits	Healthy: 48.9%			
Unhealthy: 31.2%				
Miscellaneous: 19.9%				

Fig. 5

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